

Walk or Run To Better Health...



Join us for the 5th Annual
Arrowhead Regional Medical Center

Community 5K Walk/Run *plus, Health & Fitness Expo*

Starting in January 2011, pre-register on line
@ www.arrowheadmedcenter.org

Saturday, March 12, 2011 at ARMC

FREE

Registration begins at 7 a.m.,
Warm-ups at 8 a.m. and Walk/Run
at approximately 8:30 a.m.

**The Heart Of A
Healthy Community**



ARROWHEAD REGIONAL MEDICAL CENTER

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